

## TRANSPORTATION

|                      |              |
|----------------------|--------------|
| Transit Plus         | 301-600-1725 |
| American Red Cross   | 301-662-5131 |
| Community Action Van | 301-600-1506 |

## EMPLOYMENT ASSISTANCE

|                    |              |
|--------------------|--------------|
| Employment Service | 301-600-2180 |
| Job Training       | 301-600-1174 |
| Workforce Services | 301-600-2255 |

## HOUSING ASSISTANCE

|  |              |
|--|--------------|
| Frederick City Housing Authority                   | 301-662-8173 |
| Office of Housing & Community Development          |              |
| Frederick County                                   | 301-600-1061 |
|  | 301-600-1062 |
| Advocates for the Homeless                         | 301-662-2003 |
| Shelters   |              |
| Community Action                                   | 301-600-1506 |
| Beacon House                                       | 301-695-6633 |
| Frederick Non-Profit                               |              |
| Building Supply                                    | 301-662-2988 |
| Weatherization                                     |              |
| (Community Action)                                 | 301-600-1506 |
| Energy Assistance                                  | 301-600-2410 |
| Hagerstown Housing Authority                       | 301-733-6911 |
| Washington Co Housing Authority                    | 301-791-3168 |
| Hope Alive Ministries                              | 301-241-4005 |
| <i>(Women and women with school aged children)</i> |              |

## OTHER HELPFUL NUMBERS

|                               |                       |
|-------------------------------|-----------------------|
| <b>POISON CONTROL HOTLINE</b> | <b>1-800-222-1222</b> |
| Poison Control Center TTY/TDD | 1-410-706-1858        |
| Legal Aid                     | 301-694-7414          |
| Family Law Hotline            |                       |
| (Tuesday 9:30 am-4:30 pm)     | 1-800-845-8550        |
| Reduced Fee Program           |                       |
| (Monday-Friday 9 am-2 pm)     | 1-800-300-1009        |
| Childcare Choices             | 301-695-4508          |
| Washington County             |                       |
| Social Services               | 1-240-420-2100        |

## Medical Providers

*(Reduced charges for uninsured)*

- **Frederick Community Action Agency** 301-600-1506  
100 South Market St.  
Frederick, MD 21701
- **Mission of Mercy** 301-631-2670  
Call for information regarding  
Locations and Clinic Hours
- **Menocal Family Practice** 240-215-1138  
110 Baughman's Lane, Suite 140  
Frederick, MD 21702  
*Sliding Fee Scale bring proof of income*
- **Frederick Memorial Hospital Prenatal Clinic** 240-566-4444  
400 West 7<sup>th</sup> St  
Frederick, MD 21701
- **Frederick County Health Access Program** 301-788-8592  
*Connecting low income uninsured  
Frederick County residents with low cost  
health services.*

### PROVIDERS OUTSIDE OF FREDERICK COUNTY

|  |                |
|--|----------------|
| Walnut Street (Hagerstown)             |                |
| Family Practice                        | 1-301-745-3777 |
| Dental                                 | 1-301-393-3450 |
| Community Free Clinic (Hagerstown)     |                |
|  | 1-301-733-9234 |
| Peoples Community Clinic (Baltimore)   |                |
|  | 1-410-467-6040 |
| Community Clinic, Inc. (Montgomery Co) |                |
|  | 1-301-840-8339 |

# Community Phone List



# Resources for You and Your Family

Health Department Website:  
[www.frederickcountymd.gov/healthdept](http://www.frederickcountymd.gov/healthdept)

## **HEALTH SERVICES**

### **Frederick County Health Department**

**General Information 301-600-1733**

Program information and appointments

- **Maternal/Child Health 301-600-1733**

**Healthy Start for Pregnant Women**

**Case Management Services**

- **Communicable Disease 301-600-3342**

**Immunizations**

**HIV Counseling & Testing**

- **Mental Health: 301-600-1755**

- **Substance Abuse/ Smoke Cessation**

**301-600-3293**

- **Breast & Colorectal Cancer 301-600-3362**

- **ACCU 301-600-8888**

*(Helping clients with option #3  
Medical Assistance obtain needed services)*

### **BIRTH CONTROL**

Planned Parenthood 301-662-7171

### **PREGNANCY TESTING**

Planned Parenthood 301-662-7171

CareNet 301-662-5300

Birthright 301-663-0111

### **EMERGENCY CONTRACEPTION**

Planned Parenthood 301-662-7171

Contact local Pharmacy (aged 17 & over)

### **DENTAL SERVICES**

- **Frederick County Health Department**

**Dental Clinic (Children only) 301-600-1041**

Washington County Health Department

Dental Clinic 240-313-3253

University of Maryland

Dental School 410-706-7101

### **CHILDBIRTH EDUCATION**

Teens (21 & under) 301-600-3326

FMH Wellness Center 240-379-6000

Care Net 301-662-5300

## **BREASTFEEDING**

Baby Best at FMH 240-566-3880

WIC 301-600-2507

La Leche League 1-800-525-2243

## **FOOD/NUTRITION**

WIC 301-600-2507

Food Stamps 301-600-4575

Extension Services 301-600-1594

Food Banks

Frederick 301-600-1506

Other Communities in

Frederick County 301-631-2670

Angel Food Ministries 301-663-5444

or 301-663-1199

## **BABY SUPPLIES & CLOTHES**

Birthright 301-663-0111

Care Net 301-662-5300

Goodwill 301-662-0622

Rescue Mission 301-695-6633

El Shaddai 301-695-4496

Catoctin Pregnancy Center 301-447-3391

Lucy's Consignment Shop—Mt Airy 301-831-5718

Mt. Pleasant 301-898-0037

KISS (Car Seats) 240-379-6003

## **MENTAL HEALTH / DRUG SERVICES**

- **Frederick County Health Department**

**Substance Abuse**

Adults 301-600-1775

Teens/Children 301-600-3293

Smoking Cessation 301-600-3293

Alcoholics Anonymous 301-662-0544

Al-Anon/Al-A-teen 888-425-2666

Keystone Community Mental Health 410-875-4694

Narcotics Anonymous 800-543-4670

New Hope 301-696-8880

Pro Bono Counseling Project 877-323-5800

Smoking Cessation

American Cancer Society 301-600-2357

Frederick Memorial Hospital 240-379-6010

Safe Harbor – Mountain Manor 1-800-537-3422

Wellness & Recovery Center 301-620-0555

## **MEDICAL ASSISTANCE & STATE CONTACTS**

MD AIDS Hotline 1-800-638-6253

Family Planning Card 1-800-456-8900

MA Action Line (Problems) 1-800-284-4510

## **CRISIS HOTLINE**

### **DIRECTORY.... 211**

Heartley House (Domestic Abuse) 301-662-8800

Child Protective Services 301-600-2464

National Teen dating Abuse Hotline 1-866-331-9474

## **EMERGENCY/ FINANCIAL ASSISTANCE**

Department of Social Services 301-600-4555

Religious Coalition 301-631-2670

*(Shelter, Prescription and Financial Assistance)*

Salvation Army 301-662-2311

*(Food; Prescription, Utility Assistance)*

Partnership for Rx Assistance 1-888-477-2669

St Vincent De Paul *(Rx Assistance)* 301-662-4676

## **ADULT EDUCATION**

Public Schools 301-644-5000

GED 240-236-8450

Frederick Community College 301-846-2400

Project Forward Step 301-846-2483

Family Partnership 301-600-2206

Families PLUS 301-694-9002

Literacy Program 301-600-2066

## **CHILDREN'S PROGRAMS**

Head Start 301-600-1024

Frederick County Developmental Center

Infant & Toddlers 301-600-1611

Child Find 301-644-5292

## **PARENTING CLASSES**

STEPS 301-600-3285

Family Partnership 301-600-2206

## **FAMILY PROGRAMS**

Department of Social Services

Family Services

Adoption 301-600-4585

Family Partnership 301-600-2206

Families PLUS 301-694-9002

Big Brothers Big Sisters 301-694-9455

Commission on Disabilities 301-600-1604

Commission on Aging 301-600-1604

Healthy Families Frederick 301-663-6183

CASS 301-644-5238

Catholic Charities ( Counseling) 301-694-6654